Philips
Wake-up Light

dock for iPhone/iPod

Dusk simulation

HF3490/01

Wake up naturally

Designed to wake you with light and tunes

The Wake-up light wakes you up in a natural way, by light that increases gradually. From now on waking up will be a pleasant experience. You can also wake up with your favorite music by simply selecting the tunes from your iPod or iPhone.

Light wakes you gently
- Gradual light prepares your body to wake up
- Energy saving lamp

Light intensity
- Up to 300 Lux for natural awakening
- Clinically proven to make waking up more pleasant

Wake up to your favorite sounds
- Choice of 4 natural and pleasant wake-up sounds & FM-radio

Wake up to your favorite tunes
- Great sound quality thanks to the integrated sound box
- Play & charge your iPod / iPhone
- Wake up to the tunes from your iPod / iPhone

Dusk simulation
- Drift to sleep with gradually dimming light and sound

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Highlights

Light wakes you gently

Light gradually increases in 30 minutes before your set wake up time. Light falls on your eyes and positively affects your energy hormones, preparing your body to wake up. This makes waking up a more pleasant feeling.

Energy saving lamp

Wake-up Light is the only dawn simulator that makes use of an energy saving lamp. It consumes up to 24% less energy compared to a Wake-up Light with a normal light bulb.

300 Lux light intensity

The senitivity to light differs a lot per person. In general, when using a higher light intensity a person needs less time to become fully awake. The light intensity of the Wake-up Light can be set up to 300 Lux. This makes sure you can wake up to the light intensity that suits your personal preference best.

Clinically proven

It has been clinically proven that light wakes you up more pleasantly and improves the quality of waking up.

Wake up to the tunes

The iPod / iPhone docking station lets you wake up to your favorite songs. Just select your favorite song from from your iPod or iPhone and at your set wake-up time it will start to play, at first gently, gradually increasing over ninety seconds to the volume level you selected.

Play & charge your iPod/iPhone

Play your favorite music from your iPod / iPhone. Your iPod / iPhone will be charged when it is in the docking station, so you are always ready to use it when you are ready to go.

4 natural wake-up sounds

At your set wake-up time, you will start hearing a natural sound or the selected radio station. It starts out quietly and takes a minute and a half to reach the volume level you selected. There are four sounds you can choose from: morning birds in the forest, a relaxing beep, the sounds of the African jungle or soft chimes in the wind. The gradually increasing sound will make the wake up process even more pleasant, ensuring you are never rudely woken up.

Great sound quality

The speaker in this Wake-up Light is backed up by an integrated sound box, assuring a great sound quality when listing to the FM radio or when waking up with the natural wake-up sounds.

Dusk simulation

The gradual decreasing light and sound help you to drift to sleep. You can set your preferred time for the duration of the dusk simulation.

Specifications

Easy to use

- Snooze button for sound: 9 minute(s)
- Compact size: Limited bedside table space required
- Electricity back-up function: 15 minute(s)
- Anti-slip rubber feet
- Alarm test function

Light

- Sunrise Simulating process (0-: 30 minute(s)
- Light intensity dimmer: 0-300 Lux at 40-50 cm
- Light on/off function
- Dusk simulation

Sound

- Compatible with iPod / iPhone
- Premium sound box: Integrated sound box
- Digital FM radio
- Number of Wake-up Sounds: 4

Display

- Display brightness control: 4 settings
- Hidden LED display: Invisible display projected to the product

Technical specifications

- Voltage: 230 V
- Frequency: 50 Hz
- Cord length: 200 cm
- Type of lamps: Philips Energy Saving Lamp
- Insulation: Class II (double isolation)
- Lifetime of lamps: expected >6.000 hours
- Power: 26 W

Safety

- UV-free: UV-free

Logistic data

- Country of origin: China
- CTV code: 884349001

Weight and dimensions

- Product dimensions: 14x30x24 (DxWxH) cm
- Product weight: 1.35 kg

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* Norden, M.J. et al. Acta Psychiatr Scand, 1993; Gordijn, M. et al. Universiteit van Groningen, 2007